

Natural Remedies





Nature's Remedial Agents

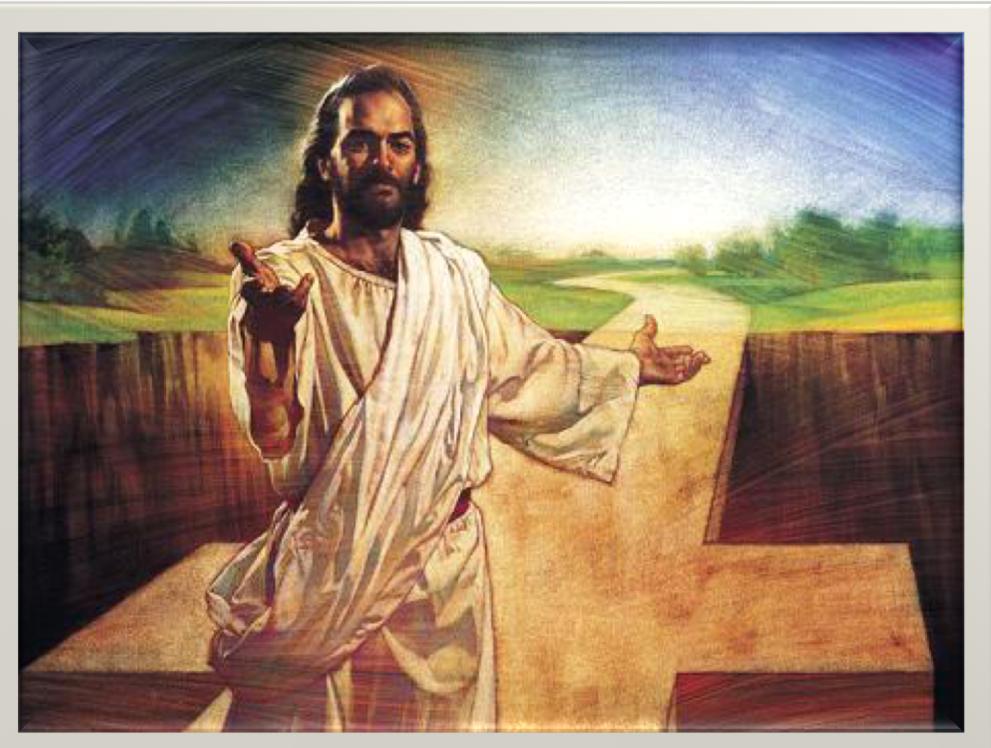
Health Reform and Simple Remedies

God's Healing Way

- Principles of Health Reform
- Nature's Simple Remedies
- Cooperation of Divine Agencies

Principles of Health Reform

- Godly Trust
- Open Air
- Daily Exercise
- Sunlight
- Plenty of Rest
- Lots of Water
- Always Temperate
- Nutrition



**“My People
Are
Destroyed
For Lack of
Knowledge
”**

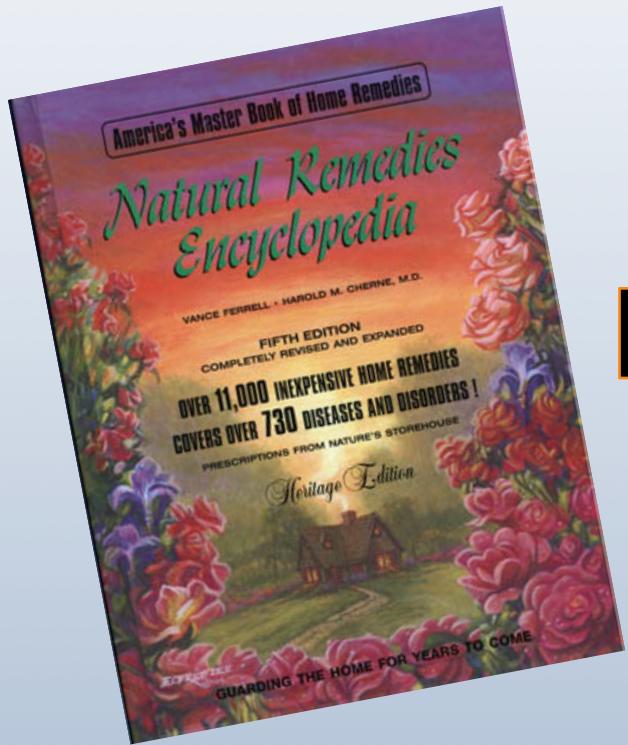
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Hosea 4:6



GOOD HEALTH IS GOD'S WILL

Whenever possible in attempts at physical healing, **NATURAL REMEDIES** are the preferred therapeutic agencies.



NATURAL REMEDIES

- Hydrotherapy

- Massage

- Aloe Vera



- Charcoal

- “Kitchen” medicine cabinet

- Garlic

- Salt

- Cabbage



Benefits of Natural Remedies

- Cheap
- Ready Available
- Simple- no great education necessary
- Treat the cause/ not the symptoms
- Positive side effects

*“Natural means, used
in accordance with
God’s will, brings
about super-natural
results.”*

2SM,346

Hydrotherapy

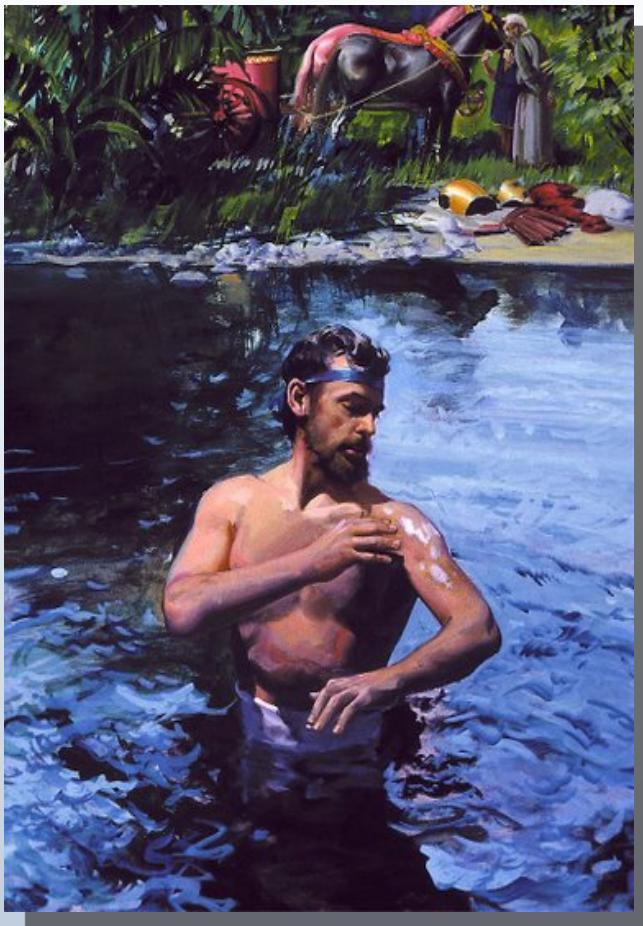
**Is the most powerful,
non-poisonous means
of quickly moving the
nourishing, healing
blood into and out of
the diseased body part.**

History of Hydrotherapy

From the dawn of recorded history, various baths have been used for the treatment of disease. The Babylonians, the Egyptians, the Greeks, and the Romans all used various treatment baths. In Sparta, hydrotherapy became compulsory; a law was passed requiring every citizen to take cold baths frequently.



The Cleansing Flood



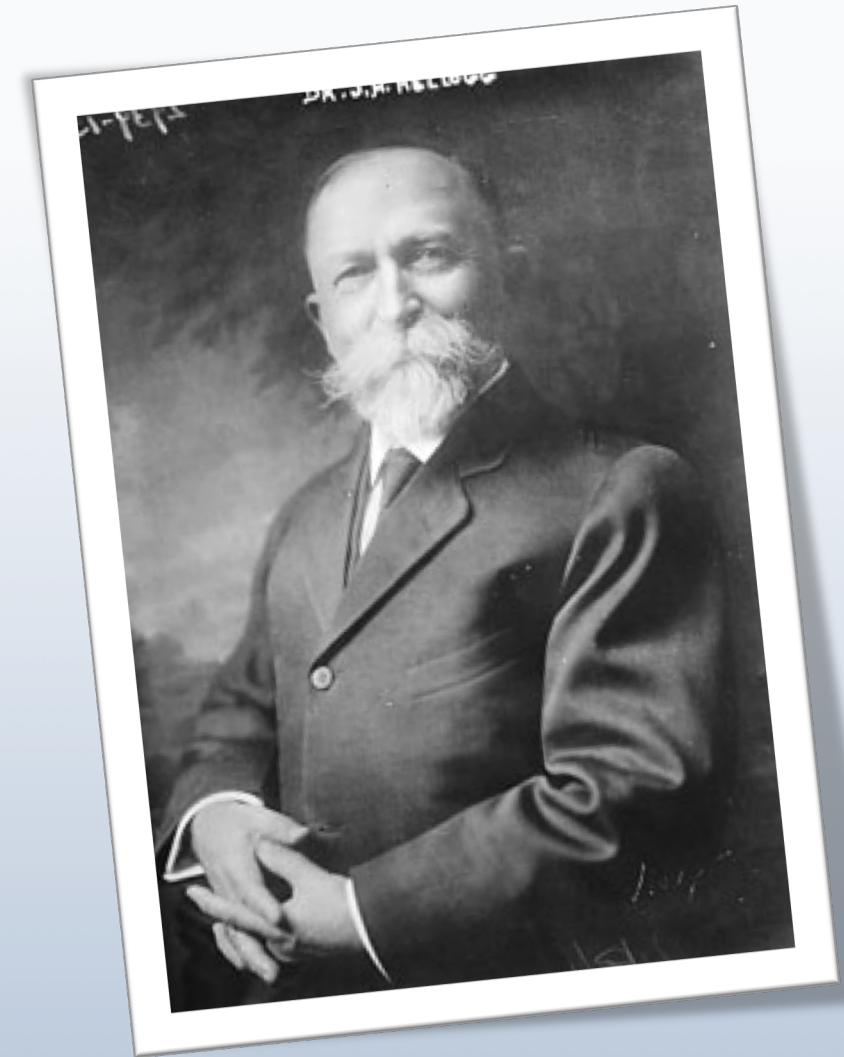
And Elisha sent a messenger unto him, saying, Go and wash in Jordan seven times, and thy flesh shall come again to thee, and thou shalt be clean.

Then went he down, and dipped himself seven times in Jordan, according to the saying of the man of God: and his flesh came again like unto the flesh of a little child, and he was clean.

2 Kings 5:10, 14

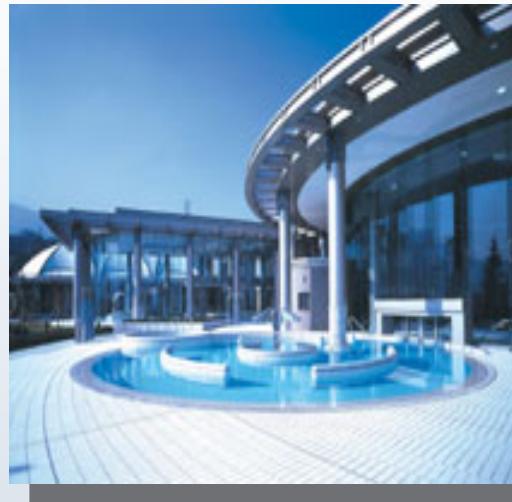
More Recent History

A little over 100 years ago people from all over the world went to the Battle Creek Sanitarium where Dr. John Harvey Kellogg successfully treated serious infections and many other conditions using hydrotherapy. Kellogg was considered by many to be the greatest living physician of his time.



Popular Uses of Hydrotherapy

- Colonics
- Jacuzzis
- Steam Baths
- Water Pics
- Ice Packs
- Water Aerobics



A photograph of a still life arrangement on a dark wooden surface. It includes a clear glass carafe filled with water, a metal bowl containing a large block of ice, and a shiny stainless steel kettle with a black base. The items are arranged on a white, textured cloth.

LIQUID

GAS

SOLID

Rationale



- Increases circulation of blood
- Stimulates immune system to combat disease
- Rids the body of toxins

Physiology







Physiology

The
Hydrostatic
effect

Cold

Heat – draws blood to the surface

Primary action – drives blood to the interior

Secondary action – drives blood to the surface

Hydrotherapy Treatments

Hot Foot Bath

Fomentations

Heating Compress

Hot Half Baths

Russian Steam Bath

Contrast Bath/Shower

Sitz Bath

Steam Inhalation

Ice Massage

Wet Sheet Pack

Salt Glow

Neutral Bath

Short Cold Bath

Cold Mitten Friction

Irrigations (nasal, ear)

Hot Foot Bath

p. 13-14

Indications

- Colds
- Flu
- Headaches
- Chest congestion
- Abdominal cramps
- Pelvic congestion

Contraindications

- Diabetes
- Buerger's disease

Hot Half Bath (fever tx.)

Indications

- Colds, flu, general congestion
- Pain: Muscle, Pelvic, Back
- Persistent cough, poor circulation
- Cancer, Lupus, CF
- Eczema or Psoriasis
- Relieves: pain stiffness, fatigue and congestion of internal organs
- Can break a fever if body temperature is elevated 1° F above fever
- Stimulates immune mechanism

Hot Half Bath (fever tx.)

Contraindications

- Aged or young, frail or chilled
- Seizures
- Chest pain
- Severe shortness of breath
- Patient on meds

Hot Half Bath (fever tx.)

Recording Temperature

Time	Water Temp	Pulse	Oral Temp
3:00	104°F	78	98.7°F
3:05	106	84	99.6°F
3:10	110	110	100.4°F
3:15	110	120	101.3
3:20	110	130	102.6

Fomentations (Revulsives)

p. 8-9

Indications

- Chest congestion
- Asthma
- Pneumonia
- Insomnia
- Pain
- Sprains
- Contusions
- Inflammation

Contraindications

- Abscesses
- Skin lesions/rashes
- Heart disease

Heating Compress

p. 18-19

Indications

- Sore throat
- Laryngitis
- Chest cold
- Whooping cough
- Bronchitis
- Headache

Contraindications

- Chilled person
- Skin Lesions that require being dry.

Contrast Baths

p. 16-17

Indications

- Impaired circulation
- Inflammation
- Sprains, Strains & Trauma
- Sinusitis/nasal congestion
- Infection
- Osteoarthritis

Contraindications

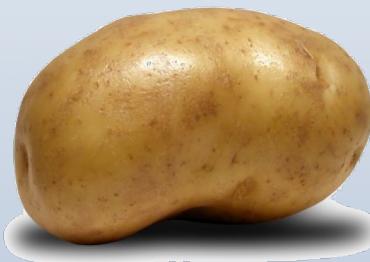
- Diabetes



5-Minute Break

“Kitchen-cabinet” Remedies

“Kitchen-cabinet” Remedies

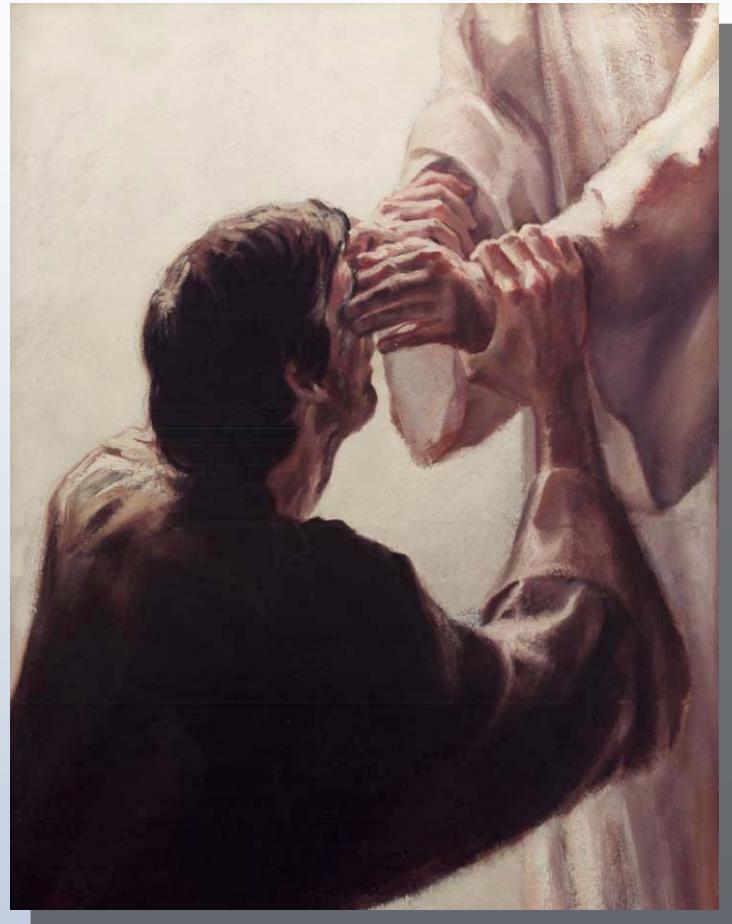


Pool of Siloam

When he had thus spoken, he spat on the ground, and made clay of the spittle, and he anointed the eyes of the blind man with the clay,

And said unto him, Go, wash in the pool of Siloam, (which is by interpretation, Sent.) He went his way therefore, and washed, and came seeing.

– John 9:6, 7



“Kitchen-cabinet” Remedies

Poultices/External

Cabbage

Potato

Charcoal

Clay

Comfrey

Onion

Fig

Herbs/Internal

Aloe Vera

Cayenne Pepper

Garlic

Celery

Red Clover

Hawthorn Berry

Charcoal



External Uses

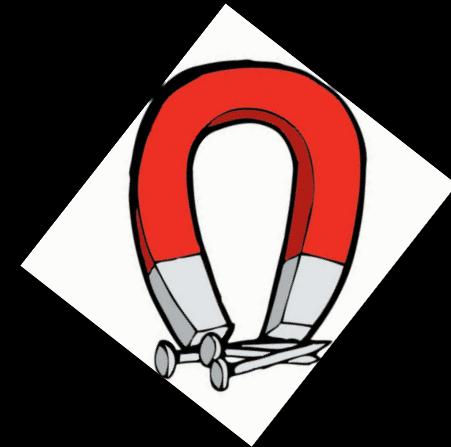
- Infection or inflammation
- Eye and ear infections
- Lesions
- Bee stings
- Spider and snake bites



**ACTIVATED
CHARCOAL**

**THE MIRACLE
OF ADSORPTION**

ADSORPTION



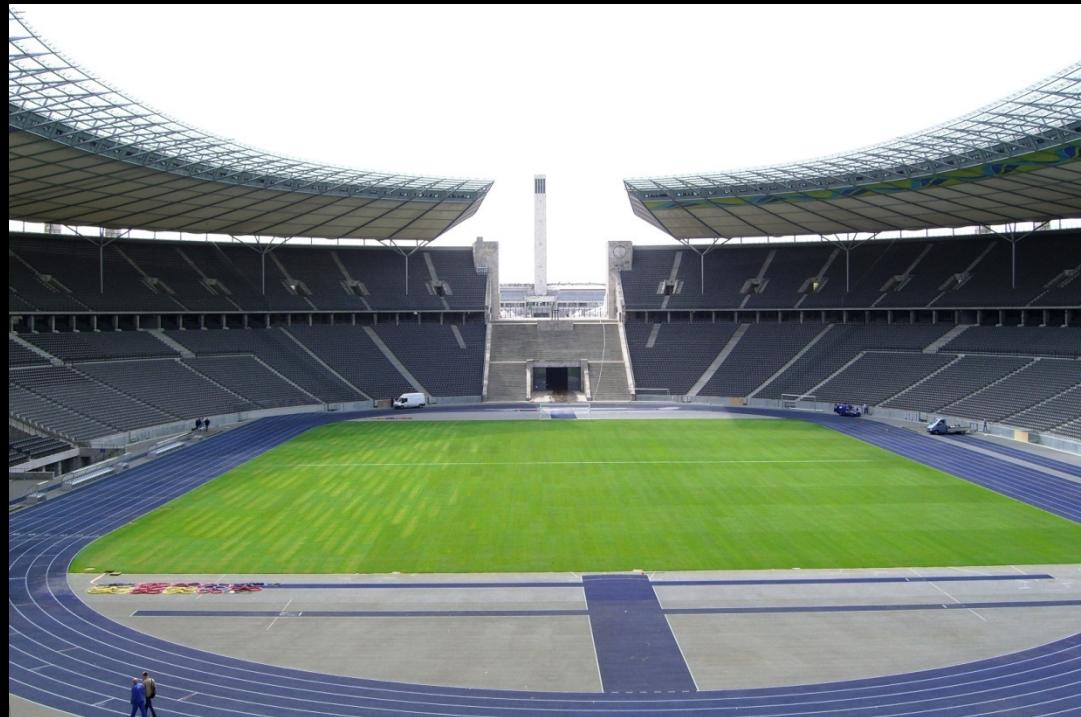
VS.

ABSORPTION



Activated Charcoal's Amazing Adsorbency

- One quart of activated charcoal can adsorb 80 quarts of ammonia gas
- Between 500 and 2000 square meters to the gram!
- Enough internal surface area to completely cover several football fields!





FDA-APPROVED

- Charcoal is rated in Category I (safe & effective) status by FDA for acute toxic poisoning.
- **DRUG OF CHOICE**
- Charcoal has been an official remedy in the U.S. for at least 100 years for poison.

Charcoal Sources

- Wood



- Lignite coal



- Animal by-products
(bone)



Briquettes for grilling

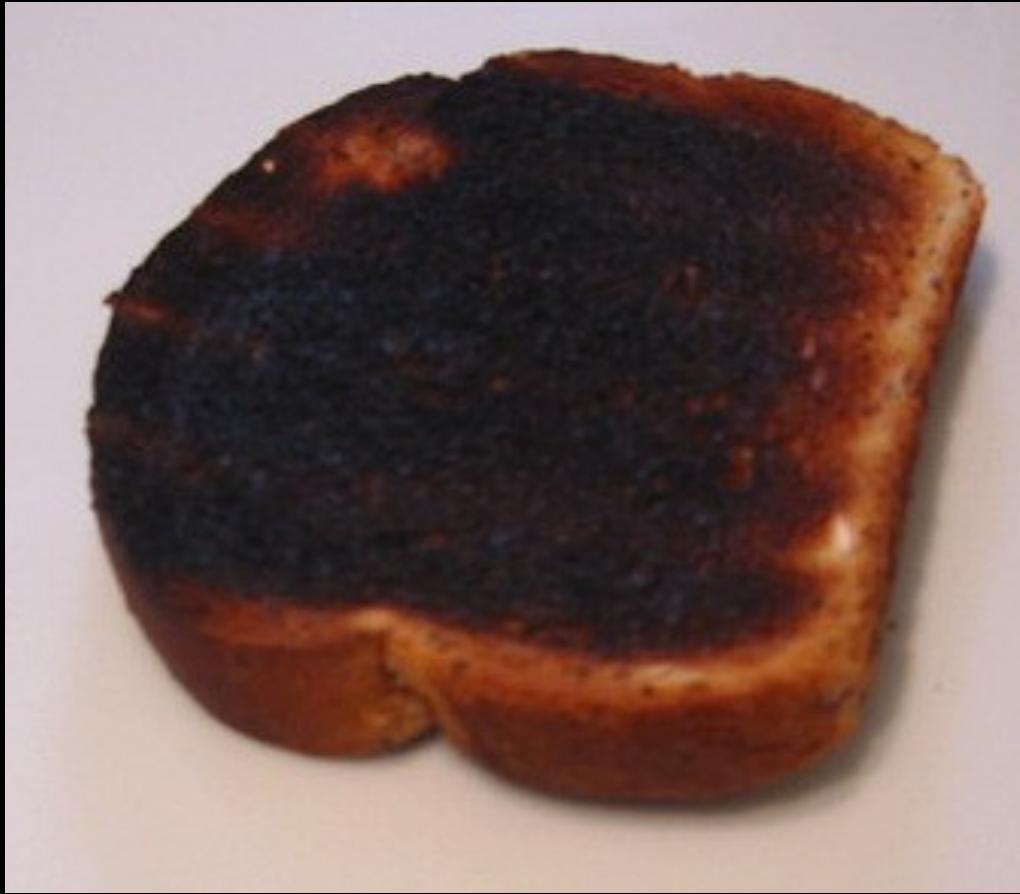
Unsafe Sources



Unsafe Sources



Unsafe Sources



Unsafe Sources



P.F. TOUERY, 1831

- He was a pharmacist at the French Academy of Medicine.
- He gave a demonstration on the effectiveness of charcoal by swallowing 15 grams of strychnine (10 times the lethal dose).
- At the same time, he took an equal amount of charcoal, approximately 3 tablespoons of charcoal.

Safety and Efficacy

- Pure carbon
- Does not impart anything to body; simply takes away poisons
- "...there are no known side effects"
- "The rule of thumb in administering activated charcoal is to 'give too much, not too little'..."

Does Charcoal Interfere with Digestion or Nutrient Absorption?

No effect could be detected on urinary levels of:

Calcium

Sodium

Copper

Potassium

Iron

Urine-pH

Zinc

Protein

Magnesium

Vitamin A

Creatinine

Vitamin B-1

Uric Acid / Urea

Riboflavin

Conditions Treated

Infections	Insect stings
Nausea	Snake & spider bites
Vomiting	High cholesterol
Diarrhea	Intestinal gas
Bad breath	Neonatal jaundice
Whitening Teeth	Eye & ear conditions
Poison/Drug overdose	Peptic ulcers
Pain	Liver detoxification
Inflammation	Skin irritations/rashes
Mini-dialysis	

How to Use *Charcoal*

INTERNAL USE

Dosage, in 8 oz. water:

One tablespoon = 4 capsules = 8 tablets

Food tends to interfere with adsorption by 50% reduction when stomach is full.

EXTERNAL USE

- Do not place over a fresh or open wound due to possible tatooing.
- Compresses over affected area.

POISONOUS BITES

- Compress every 10 to 15 min., up to 24 hours.
- Take by mouth 2 tablespoons in water every 2 hours for 3 doses, then 1 tablespoon every 4 hours for the next 24 hours, followed by 2 glasses of water.

High Cholesterol & Triglycerides

**¼ oz. activated charcoal, 3 times daily
for 4 weeks lowered:**

- LDL cholesterol by 41%
- Triglycerides by 76%

CLAY:

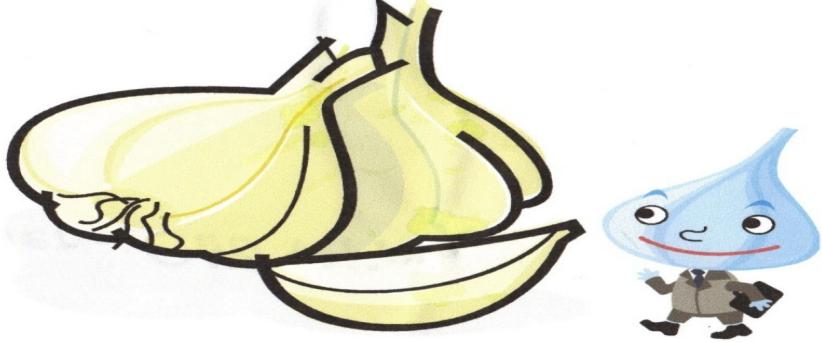
- Internally and Externally
- Aids in the rebuilding of tissues and cells
- Heals fractured bones and vertebrae
- **Absorbs toxins (Heavy Metal Detox)**
- Use on inflammatory skin diseases, bruises, sprains, acne, drawing toxins from the skin.



CABBAGE:

- Use crushed cabbage. Use whole leaves layered over area and covered with a hot towel. This has a warming, detoxifying and stimulating effect.
- Cabbage poultices are good for burns, insect bites, abscesses, and boils
- Used for varicose veins, shingles, eczema, gout, rheumatism, infection, hemorrhoids
- Internally – Cabbage juice can be used for Gastric ulcers and Intestinal disorders.





Garlic

- Anti-Clotting Activity
- Anti-Tumor Capabilities
- Inhibits Yeast Organism
- Antiseptic
- Lowers Cholesterol & Triglycerides
- A Broad Spectrum of Antibiotic
- Anti-Fungal
- Anti-Heart Disease
- Lowers Blood Pressure
- Antibacterial

Aloe Vera



Aloe Vera is a pharmacy in a plant containing over 140 substances.

Aloe Vera

- Produces at least 6 antiseptic agents
- Contains at least:
 - **3 anti-inflammatory fatty acids**
 - **23 Polypeptides** (immune stimulators)
 - **Nutrients:** Vit. B_{12,17}, B-complex, B_{1,2,3}, Choline, Carotene, etc.
 - **Amino Acids:** 9 of the 10 essentials ones (lacking tryptophane)
 - **Minerals:** Calcium, copper, iron, phosphorus, potassium, zinc, chromium, etc.
 - **Enzymes:** amylase, lipase etc.
- Works against troubling Pathogens:
 - * E-Coli * Klebsiela * Citrobacter * Yeast

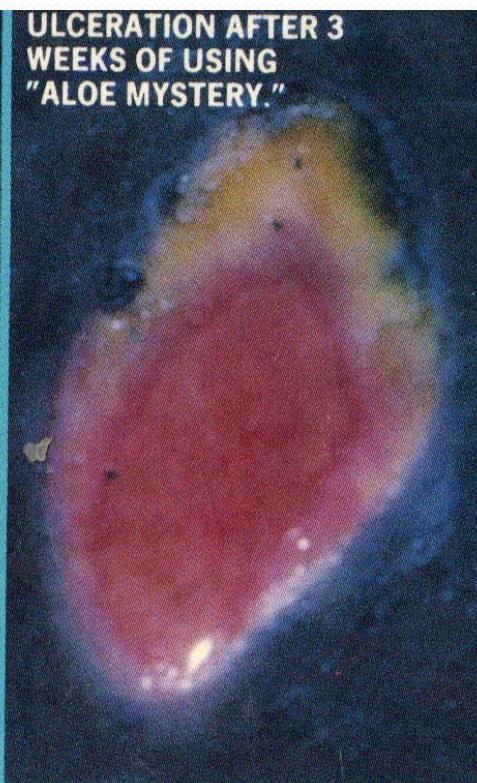
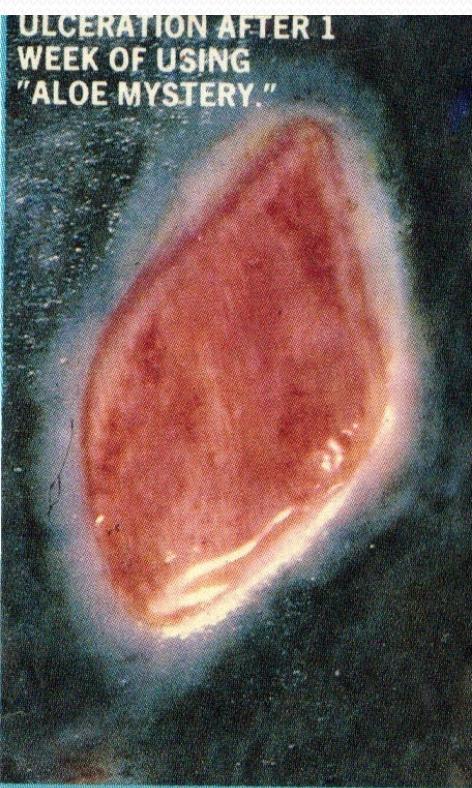
Aloe Vera Uses

- Burns and Scalds
- Sunburn
- Razor Burns
- Radiation burns/Dermatitis
- Cuts and Wounds
- Inflammatory bowel diseases
- Crohn's Disease
- Digestive Problems
- Heart Burn
- Bowel Regulator
- Hemorrhoids
- Deodorant
- Stretch Marks
- Infections
- Infected Gums/Canker sores of the mouth
- Ulcerations of all kinds
- Headaches
- Sinus
- Nerve Damage
- Varicose Vein pain
- Hair and Scalp
- Painful Joints
- Scrapes & Abrasions
- Nausea of all kinds

Aloe Vera Uses

- Scar Inhibitor
- Growth Stimulator
- German research pharmacist Freytag, calls it a “wound hormone.” In simple terms, it accelerates the healing of injured surfaces.

Rev. Thompson: A True Miracle



Nature's Penicillin

➤ Nature's Penicillin can be used effectively for the following purposes: colds, flu, sore throat, infections, respiratory problems, and a general immune system strengthener. It is simple and inexpensive to make.

Recipe

1 Grapefruit

1 Orange

2 Lemons

3 Cloves of garlic

½ Of a large onion

3 Drops of peppermint oil

Cut fruit and onion into pieces. Place in a blender with enough water so that the mixture turns in the blender. Mix well. Add the peppermint oil at the end.

--Use 1 cup per day (periodically throughout the day)

God's Healing Way

- Principles of Health Reform
- Nature's Simple Remedies
- Cooperation of Divine Agencies

And ye shall serve the
LORD your God, and
he shall bless thy
bread, and thy water;
and I will take
sickness away from
the midst of thee.

– Exodus 23:25



Simon Dewey